



Mental Health Support for Children, Families & School Personnel

Integral Care improves the lives of adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County.

We make sure families have the skills and resources they need to thrive. We help families build their health and well-being so they can meet their everyday needs at all stages of life. We also provide support to school personnel and community organizations so they can focus on their areas of expertise.

Everyone in Integral Care’s services can be connected to a vast array of supports. Services are available regardless of ability to pay and can be provided in many languages. Currently, the majority of services are provided via telehealth. Face-to-face visits are available when needed.

Please call **512-472-HELP (4357)** to access our programs, unless otherwise indicated. If an individual is already in our services, talk to the case manager.



One in five children experiences a mental health issue in any given year. Half of all mental illness is evident by the age of 14. Early diagnosis and treatment supports recovery.

CHILD AND FAMILY SERVICES

Clinic-Based Psychiatric Services, Counseling and Case Management

One-on-one and group therapy for children, youth and families; treatment planning; medicine; life skills training and case management.

School-Based Counseling

On-campus therapy for students experiencing emotional challenges in Manor, Del Valle and Pflugerville schools, and East Austin Prep. Contact school counselor or email **schoolbasedservices@integralcare.org**.

Intensive Case Management

Children or youth experiencing serious emotional challenges can get specialized therapies, help getting and keeping a job, and family support through the YES Waiver. Call **512-804-3191**.

Community-Based Services

Services include community-based and in-home mental health support for children, including those on probation, in foster care, and/or at risk of homelessness, as well as family education.

GROUP SERVED

CHILDREN & YOUTH
FAMILIES & GUARDIANS

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SCHOOL PERSONNEL
COMMUNITY

CRISIS SERVICES

24/7 Crisis Helpline – 512-472-HELP (4357)

A helpline for anyone who needs immediate emotional support – 24 hours a day, 7 days a week. No problem is too big or too small. Call **512-472-4357**. Press 1 for English, then 1.

In-Person Crisis Response

Our Mobile Crisis Outreach Team are mental health professionals who help adults and children having a mental health crisis wherever they are. That could be at school, home, work or on the streets.

Suicide Prevention Training and Postvention Support

Suicide prevention training for school personnel, students and parents; support for schools in the event of a suicide. Contact school counselor or email **schoolbasedservices@integralcare.org**.

Crisis Prevention and Triage Therapists

In-school response to student crisis calls, response; crisis severity assessment; support for school staff; safety planning and connection to ongoing counseling in Del Valle and Manor Independent School Districts.

GROUP SERVED

CHILDREN & YOUTH
SCHOOL PERSONNEL

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FAMILIES & GUARDIANS
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CRISIS SERVICES

Mental Health Urgent Care

Psychiatric Emergency Services is a walk-in clinic for adults and children experiencing a mental health crisis. Support available for up to 90 days.

Support for First Episode Psychosis

RA1SE is a community-based program for people ages 15-30 who have experienced their first episode of psychosis. Help is available with work, school and recovery from drug and alcohol use. Call **512-703-1300**.

Mental Health First Aid Training

A free 8-hour class that provides the basic tools to help someone showing signs of mental illness or substance use disorder or experiencing a mental health crisis. Visit **IntegralCare.org/MHFA**.

Additional Training for School Personnel

Additional mental health trainings include suicidal self-injurious behavior, impact of trauma and crisis response – in Del Valle and Manor Independent School Districts. Contact school counselor or email **schoolbasedservices@integralcare.org**.

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SCHOOL PERSONNEL



Founded in 1967, Integral Care strengthens our community by supporting our most important asset – our people – through our services as a provider, our role as local Mental Health and Intellectual and Developmental Disability (IDD) authority and our place in the community as a collaborator and leader.

IntegralCare.org (512) 472-HELP (4357)